**** **Hummus**

Ingredients:  
1 cup chickpeas

2 tbsp olive oil

1 tbsp lemon juice

1 clove garlic

¼ tsp salt

Dash pepper

Directions:  
1. Combine ingredients together in a bowl or food processor.

2. Puree/mash until smooth and well mixed.

3. Serve as a dip with pits, vegetables, crackers or as a condiment on wraps or sandwiches.